



# Age Friendly Belfast



## Positive Ageing Month

October 2024

What's on Guide

[www.belfastcity.gov.uk/positiveageingmonth](http://www.belfastcity.gov.uk/positiveageingmonth)



# At a Glance

Pin up our plan for Positive Ageing Month, and over October, pick something to get active, something to learn or something new.

Age  
Friendly  
Belfast

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## A month-long festival of events and activities for older people

Cities are a great place to grow old. Positive Ageing Month shows how older residents can live happier, healthier and more connected lives.

Back for its ninth year, this annual programme of events and activities is a chance to celebrate the contribution that older residents make to Belfast.

### How much do the events cost?

All events and activities are free unless stated.

### How to access online sessions?

Joining links will be shared by email. Don't worry if you haven't joined an online event before, help can be provided.

The details in this brochure were correct at the time of going to print. Each event organiser reserves the right to make changes to the published programme, so please check with the individual venue.



**Scan me  
for further  
information**

# **Falls Prevention Strength & Balance Class**

## **FREE 12 week programme**

**Over 65? Live in the Belfast Trust area?**



**Have you had a fall, near miss or ongoing fear of falling that affects your daily activities?**

**The Belfast HSCT together with Active Belfast are running Falls Prevention Group Exercise Programmes across the city.**

**The exercise classes are run by Falls Activity Practitioners and last for 60 minutes.**

**The class aims to improve your:**

- **Strength**
- **Balance**
- **Activity levels**
- **Confidence**
- **General wellbeing**

**and reduce your risk of falls.**



**If you are interested please contact 028 9504 7656 or  
FallsServices@BelfastTrust.hscni.net to find out if the class is suitable for you**



# Throughout the year



## The Grapevine

2 Royal Avenue,  
Belfast BT1 1DA  
Tuesdays, 11am - 2pm

This weekly connection hub helps older people meet a friendly face and have a chat with others. Enjoy a cuppa and find out about events, activities and services across the city.

**i** Drop-in. Email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk) or call **07827823998**.

## Flax Day Centre

Ardoyne Community Centre,  
40 Herbert Street,  
Belfast BT14 7FH  
Mondays, 9.30am - 1.30pm  
Wednesdays, 1pm - 4pm  
Fridays, 9.30am - 1.30pm

Find a relaxed environment to meet others with activities to enjoy, from boccia to bingo and tea dances to day trips.

**i** Drop-in. Call **028 9074 8523**.



Discover a  
**community** right  
on your doorstep!

Belfast City Council has 27 community centres across the city offering classes and groups from computer skills, craft classes, gardening, yoga and much more! Go to **page 16** to find out more.



## Walking Groups

Saunter through the seasons in good company with strolls that make the most of flat paths at a gentle pace. With walking groups across all corners of the city, there's no reason to step it out alone. Remember to wear suitable footwear and clothing for all weather walking.

**i** To find out about days, meetings points and registration, go to [www.belfastcity.gov.uk/agefriendlywalks](http://www.belfastcity.gov.uk/agefriendlywalks)

## 'Presence in the Past' Exhibition

Engage with Age  
2 Royal Avenue, Belfast, BT1 1DA  
Tuesday 1 - Monday 14 October  
10am - 6pm

Browse a wonderful range of artworks made by people living with dementia Supported by the Dementia Friendly Artist in Residence, Anna O'Kane, the creations are packed with the personalities and memories of the people who made them.

**i** Drop in.



## Tuesday 1 October



### Men's Knights

Knocknagoney Community Centre  
41A Knocknagoney Drive, BT4 2QF  
9.30am - 12 noon

Enjoy a game of pool and a space to chat with others.

📞 Drop-in. Call 028 9076 1432.

### Brunch Club

Knocknagoney Community Centre  
41A Knocknagoney Drive, BT4 2QF  
10.30am - 12 noon

Enjoy good food and great company.

📞 To book call 028 9076 1432.  
Booking essential.

### Women's Health Day

Volunteer Now

Girdwood Community Hub  
10 Girdwood Avenue, Belfast BT14 6EG  
10.30am - 1.30pm

Connect with local health and wellbeing services, and avail of mini treatments including massage and podiatry.

📞 To book call 028 9023 2020 or email [pamela.higgins@volunteernow.co.uk](mailto:pamela.higgins@volunteernow.co.uk)  
Booking essential.

### Boccia Session

Sport Changes Lives  
2 Royal Avenue, BT1 1DA  
11am - 12 noon

Roll into Active Ageing week with a game of boccia. Throwing, timing, blocking skills – this gentle form of exercise keeps mind and body active. Refreshments available.

📞 To book call 07827823998 or email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk)



### Badminton Sessions

Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF

11am - 1pm

Shuttle towards a more active lifestyle by netting a friendly game of badminton.

📞 Drop-in. Call 028 9076 1432.



### Seniors' Line Dancing Course

Volunteer Now

Youth Action, 14 College Square  
North, Belfast BT1 6AS

11am - 1pm

Discover a toe-tappin' way to stay active.

📞 To book call 028 9023 2020 or email [pamela.higgins@volunteernow.co.uk](mailto:pamela.higgins@volunteernow.co.uk)  
Booking essential.



### Crochet Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN

1pm - 4pm

Enjoy a knit and natter. Swap patterns and share tips.

📞 Drop-in.

Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)



# Wednesday 2 October



## The Marvel of Cleaning Water

NI Water

**Belfast Wastewater Heritage Centre  
115 Duncrue Street, Belfast BT3 9JS  
10am - 12 noon**

Follow the journey of water from source to tap. Meet the scientists who test and check our water. Discover the processes used to keep our water clean and how we can all do our bit to keep water flowing.

**i** To book email [education@niwater.com](mailto:education@niwater.com)

## Health and Wellbeing Day

Forward South Partnership  
supported by Public Health Agency  
Finaghy Community Centre  
1-6 Geeragh Place, BT10 0ER  
**12 noon - 3pm**

Connect with local health and wellbeing services, and avail of free health checks. Light lunch and refreshments provided.

**i** To book call 07394569154 or email [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org)

## Lunch Club

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**12 noon - 2pm**

Enjoy good food and great company.

**i** To book email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
A small cost may apply.  
Booking essential.



## Painting Group

**Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon**

Brush up on your artistic skills.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

## Lifelong Learners

**Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF  
1pm - 3.30pm**

You're never too old to learn something new. Pick up a new skill and meet others.

**i** Drop-in. Call 028 9076 1432.

## Cathedral Belles

**Divis Community Centre  
2A Ardmoilin Place, Galvally,  
Belfast BT12 4RT  
7pm - 9pm**

Tuck into tea and buns at this Over 50s Women's Group. Have a go at activities like armchair aerobics and line-dancing.

**i** Call 028 9024 2551.



**Thursday  
3 October**

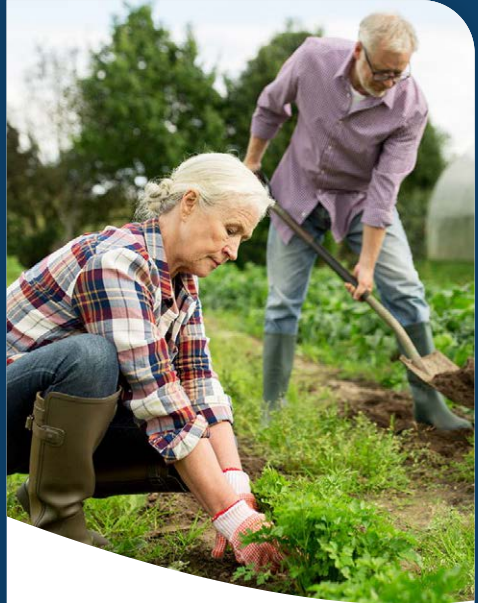


**50+  
Keep Fit**

**Inverary Community Centre**  
Inverary Avenue, Belfast BT4 1RN  
**10am - 12 noon**

Improve fitness and mobility with armchair aerobics.

📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
Small fee may apply.



**Lunch Club and  
Gardening Group**

**Knocknagoney Community Centre**  
41A Knocknagoney Drive, BT4 2QF  
**11.30am - 2pm**

Meet with others to enjoy the outdoor garden and good food.

📞 To book call 028 9076 1432.  
Booking essential.

**MOT for  
Older People's Groups**

**Engage with Age**  
Morton Community Centre  
10 Lorne Street, Belfast BT9 5DU  
**11am - 12.30pm**

Are you a member of an older people's group that could do with a bit of help? Need new members? Want to fundraise? Get ideas for programming? Join Engage with Age for a Groups MOT session. Participants will also learn exercises and receive materials to share in their group sessions.

📞 To book call 028 9073 5696 or email [john.mccandless@engagewithage.org.uk](mailto:john.mccandless@engagewithage.org.uk)  
Places are limited.

**Loop Group**

**Dee Street Community Centre**  
12-16 Dee Street, Belfast BT4 1FT  
**2pm - 4pm**

Stay in the loop by enjoying a chat and weekly activities with others.

📧 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

**Over 60s Club**

**Dee Street Community Centre**  
12-16 Dee Street, Belfast BT4 1FT  
**7pm - 9pm**

Meet up with other over 60s and enjoy weekly activities.

📧 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Friday 4 October

### Making Découpage Birdhouses

Ligoniel Community Centre  
144 Ligoniel Road, Belfast BT14 8DT  
**10.30am - 12.30pm**

Join this arts & crafts class to make your own découpage birdhouse to take home.

**i** To book call 028 9071 9337.



### Social Dance Class

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

**11am - 12 noon**

It's never too late to take up dancing.

**i** Drop-in. Call 028 9076 1432.

### Belvoir Older and Active

Forward South Partnership  
supported by Public Health Agency  
Belvoir Community Hub  
7-8 Drumart Drive, Belfast BT8 7AG  
**12 noon - 1pm**

Get moving while meeting new people.  
Refreshments provided.

**i** Call 07394569154 or email  
communityhealth@forwardsouth.org  
Booking essential.



### Age Friendly Belfast Convention

City Hall, Belfast

**12 noon to 2pm**

Find out about all the events and activities happening across Positive Ageing Month at this opening week showcase. Enjoy ceilidh dancing. Refreshments provided.

**i** To book email  
community@belfastcity.gov.uk  
or call 07827823998.

### Over 50s Group

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

**1pm - 4pm**

Meet up with other over 50s and enjoy weekly activities.

**i** To book call 028 9076 1432.

### Lunch Club

Cregagh Community Centre  
Mount Merrion Avenue, Belfast  
BT6 0FL

**1.30pm - 3.30pm**

Enjoy good food and great company.

**i** To book call 028 9040 1444.  
Booking essential.

## Saturday 5 October



## South Belfast Dementia Friendly Movie Screening 'Barefoot in The Park'

Queen's Film Theatre  
20 University Square, Belfast BT7 1PA

10am - 1.30pm

In this film based on a Neil Simon play, newlyweds Corie (Jane Fonda), a free spirit, and Paul Bratter (Robert Redford), an uptight lawyer, share a sixth-floor apartment in Greenwich Village. Soon after their marriage, Corie tries to find a companion for mother, Ethel (Mildred Natwick), who is now alone, and sets up Ethel with neighbor Victor (Charles Boyer). Inappropriate behavior on a double date causes conflict, and the young couple considers divorce. Refreshment provided.

📧 Email [emily.keenan@forwardsouth.org](mailto:emily.keenan@forwardsouth.org) or call 07394569153.

## Monday 7 October



### Yoga

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

10am - 11am

Improve strength, balance and flexibility.

📧 Drop-in. Call 028 9076 1432.

### Move More Live More Online Session

Age Friendly Network NI  
11am

Experts such as physiotherapists will reveal how different aspects of our health, such as sleep, nutrition and mental health, contribute to falls. Watch a demonstration of strength and balance exercises.

📧 Email [claire.mckeown@ageni.org](mailto:claire.mckeown@ageni.org) or call 07773113544. Sign up online at [www.ageni.org/movemorelivemore](http://www.ageni.org/movemorelivemore)

### Millennium Art

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

1pm - 4pm

Brush up on your artistic skills.

📧 Drop-in. Call 028 9076 1432.

### Training: Isolation and Loneliness experienced by older people

Online via MS Teams

1pm - 5pm

These interactive training courses are aimed at staff and volunteers in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area. The course content will explain why it is important to address loneliness, common causes, triggers and effects as well as where to find support. This training is provided in partnership with the Belfast Health and Social Care Trust, Public Health Agency, Belfast City Council and Northern Regional College.

📧 To book call 028 9504 6714 or email [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

## Tuesday 8 October

### Men's Knights

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

**9.30am - 12 noon**

Enjoy a game of pool and a space to chat with others.

**i** Drop-in. Call 028 9076 1432.

### Brunch Club

Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF

**10.30am - 12 noon**

Begin your day with good food and great company in a welcoming environment.

**i** Drop-in. Call 028 9076 1432.

### Line Dancing Classes

Volunteer Now

Youth Action

14 College Square North, Belfast

**11am - 1pm**

Discover a toe-tappin' way to stay active.

**i** Call 028 9023 2020 or email

pamela.higgins@volunteernow.co.uk

Booking essential.

### South Belfast Lifestyle Forum

Donegall Pass Community Centre

25 Apsley Street, Belfast BT7 1BL

**10.45am - 1pm**

Monthly meeting of older people from South Belfast. Meetings include sharing information on issues affecting older people including opportunities to participate in consultations and have your voice heard. Taster sessions and refreshments provided.

**i** Call 028 9073 5696 or email

cathy.chambers@engagewithage.org.uk

### Carer Information and Support Programme

Alzheimer's Society

East Belfast Network Centre

55 Templemore Avenue, BT5 4FG

**11am - 1pm**

Delivered over four sessions, this programme aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and up to date and relevant information. Topics covered include understanding dementia, providing support and care, legal and financial matters.

**i** Email [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)



### Badminton Sessions

Knocknagoney Community Centre

41A Knocknagoney Drive, Belfast

BT4 2QF

**11am - 1pm**

Shuttle towards a more active lifestyle by netting a friendly game of badminton.

**i** Drop-in. Call 028 9076 1432.

### Crochet Group

Inverary Community Centre

Inverary Avenue, Belfast BT4 1RN

**1pm - 4pm**

Enjoy a knit and natter. Swap patterns and share tips.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)



# Wednesday 9 October

## Painting Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**10am - 12 noon**

Brush up on your artistic skills.

📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

## The Marvel of Cleaning Water

NI Water  
Belfast Wastewater Heritage Centre  
115 Duncrue Street, Belfast BT3 9JS  
**10am - 12 noon**

Follow the journey of water from source to tap. Meet the scientists who test and check our water. Discover the processes used to keep our water clean and how we can all do our bit to keep water flowing.

📧 Email [education@niwater.com](mailto:education@niwater.com)

## Men's Health Day

Volunteer Now  
Girdwood Community Hub,  
10 Girdwood Avenue,  
Belfast BT14 6EG  
**10.30am - 1.30pm**

Connect with local health and wellbeing services, and avail of mini treatments including massage and podiatry.

📞 To book call 028 9023 2020 or email [Pamela.Higgins@volunteernow.co.uk](mailto:Pamela.Higgins@volunteernow.co.uk)

## MOT for Older People's Groups

Engage with Age  
Dee Street Community Centre,  
12-16 Dee Street, Belfast BT4 1FT  
**11am - 12.30pm**

Are you a member of an older people's group that could do with a bit of help? Need new members? Want to fundraise? Get ideas for programming? Join Engage with Age for a Groups MOT session. Participants will also learn exercises and receive materials to share in their group sessions.

📞 Call 028 9073 5696 or email [john.mccandless@engagewithage.org.uk](mailto:john.mccandless@engagewithage.org.uk)  
Places are limited.

## Lunch Club

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**12 noon - 2pm**

Enjoy good food and great company. Small booking fee may apply.

📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

## Lifelong Learners

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast BT4 2QF  
**1pm - 3.30pm**

You're never too old to learn something new. Pick up a new skill and meet others.

📞 Drop-in. Call 028 9076 1432.

## Residential Care Costs Online Information Session

Age Friendly Network NI  
**2pm**

Be informed about residential care including types and costs of care. Learn about financial assessment as well as current and future legislation.

📧 Email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk)

## Interactive Online Dementia Training

Engage with Age for Dementia  
Friendly East Belfast  
**7pm - 9pm**

This engaging training session provides guidance and tips to make life more dementia friendly. Through a series of films, learn tips to adapt your home and how to manage money. Interactive session with an opportunity to ask questions.

📞 Call 028 9073 5696 or email [dementiafriendlyeastbelfast@gmail.com](mailto:dementiafriendlyeastbelfast@gmail.com)  
Places limited. Booking essential.

## Cathedral Belles

Divis Community Centre, 2A Ardmoulin  
Place, Galvally, Belfast BT12 4RT  
**7pm - 9pm**

Tuck into tea and buns at this Over 50s Women's Group. Have a go at activities like armchair aerobics and line-dancing.

📞 Call 028 9024 2551.

# Thursday 10 October

## Active Ageing Games

Girdwood Community Hub  
10 Girdwood Avenue,  
Belfast, BT14 6EG

**10am - 3pm**

Lace up to take part in the annual Active Ageing Games for the over 50s. Join a team to compete in a variety of different sports including table tennis, pickleball, badminton and more. Event ends with an award ceremony on Friday afternoon. Lunch provided on both days.

📞 Book via your local Better Centre Reception or BetterUK App



## 50+ Keep Fit

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**10am - 12 noon**

Improve fitness and mobility with armchair aerobics.

📞 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
Small cost may apply.

## Digital Help Session

Concorde Community Centre  
36 Alliance Road, Belfast BT14 7JB  
**10.30am - 12.30pm**

Need help with your mobile phone, tablet or laptop? Anxious about the online world? Get free advice from technology experts.

📞 Drop-in. Bring your device.

## Lunch Club and Gardening Group

Knocknagoney Community Centre,  
41A Knocknagoney Drive, BT4 2QF  
**11.30am - 2pm**

Meet with others to enjoy the outdoor garden and good food.

📞 To book call 028 9076 1432.  
Booking essential.

## Seniors' Tea Party for World Mental Health Day

Youth Initiative Poleglass  
50 Colin Road, Belfast BT17 0LG  
**12 noon - 3pm**

'Take 5' encourages everyone to build the five steps 'to wellbeing' into everyday life. Find out more over a buffet meal alongside entertainment and dancing.

📞 To book call 028 9062 7863,  
email [isabel@newcolin.com](mailto:isabel@newcolin.com) or  
[aisling@newcolin.com](mailto:aisling@newcolin.com). Admission: £5.

## Loop Group

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
**2pm - 4pm**

Stay in the loop by enjoying a chat and weekly activities with others.

📞 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## BT Digital Voice Online Session Age Friendly Network NI 4pm

Telephone landline services are changing. From next year the technology that powers the network will be different. Support is available to make the switch. Listen to industry experts share more about the process, how to upgrade equipment and ask questions.

📞 Email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk)

## Over 60s Club

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
**7pm - 9pm**

Meet other over 60s and enjoy weekly activities.

📞 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Online Chocolate Bingo

Engage with Age  
**7.30pm - 8.30pm**

With daft games and live music, put a sweet spin on this game of luck from the comfort of your own home.

📞 Email [eamon.quinn@engagewithage.org.uk](mailto:eamon.quinn@engagewithage.org.uk)

# University of the Third Age

**Belfast u3a (University of the Third Age), is a learning organisation for older people who are not in full-time employment.**

It enables members to engage in many social activities and to share their knowledge and skills in relation to the arts, fitness, leisure, and creativity. With over 700 members and 57 interest groups, we cover a wide range of topics and activities. The groups are run by the members, for the members.



To find out more email  
[membership@belfastu3a.org](mailto:membership@belfastu3a.org)

**u3a** learn,  
laugh,  
live

# Friday 11 October

## Bus Trip to Titanic Experience

Leaving from Braniel, Clonduff, Cregagh and Tullycarnet Community Centres

**Bus departs at 11am**

Experience the true legend of RMS Titanic, in the city where it all began. The Titanic Experience is the world's most authentic retelling of the iconic story. The self-guided tour extends over ten interactive galleries. Discover the sights, sounds, smells and stories of the ship, as well as the people and city that designed, built and launched the famous liner.

**i** To book call 028 9040 1444.

**Booking essential.**



## Armchair Aerobics

Concorde Community Centre  
36 Alliance Road,  
Belfast BT14 7JB  
**10am - 12 noon**

Take a seat for a gentle way to support fitness, strength and flexibility.

**i** Drop-in.



## Intergenerational Archery Tournament

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**10.30am - 1.30pm**

Aim to master a new skill. Experts will be on hand to demonstrate and share tips.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

## Active Ageing Games

Girdwood Community Hub  
10 Girdwood Avenue,  
Belfast BT14 6EG  
**10am - 3pm**

Lace up to take part in the annual GLL Better Active Ageing Games for the over 50s. Join a team to compete in a variety of different sports including table tennis, pickleball, badminton and more. Event ends with an award ceremony on Friday afternoon. Lunch provided on both days.

**i** Book via your local Better Centre Reception or BetterUK App







### Social Dance Class

Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF

**11am - 12 noon**

It's never too late to take up dancing.

**i** Drop-in. Call 028 9076 1432.

### Over 50s Group

Knocknagoney Community Centre  
41A Knocknagoney Drive, BT4 2QF

**1pm - 4pm**

Meet up with other over 50s and enjoy weekly activities.

**i** To book call 028 9076 1432.

### Belvoir Older and Active

Forward South Partnership  
supported by Public Health Agency  
Belvoir Community Hub

7-8 Drumart Drive, Belfast BT8 7AG  
**12 noon - 1pm**

Get moving while meeting new people.  
Refreshments provided.

**i** To book call 07394569154 or email  
communityhealth@forwardsouth.org  
Booking essential.



**Get involved!**  
**Sign up to your local**  
**LGNI**  
**Network Now!**



[www.linkinggenerationsni.com/sign-up/](http://www.linkinggenerationsni.com/sign-up/)





# Discover a **community** right on your doorstep!

Visit your local community centre and discover a world of new possibilities, right on your doorstep.

Stay active, meet new friends and learn new skills at your local community centre.

We have 27 community centres across the city offering classes and groups.

From computer skills to play, craft classes to boxing, and gardening to yoga – there really is something for everyone.

## Community Centres Useful Contacts

**Ardoyne** Tel: 028 9074 8523  
John Fleming e:flemingj@belfastcity.gov.uk

**Braniel** Tel: 028 9040 1444  
Colin Murray e:murrayc@belfastcity.gov.uk

**Clonduff** Tel: 028 9040 1444  
Colin Murray e:Murrayc@belfastcity.gov.uk

**Concorde** Tel: 028 9071 2450  
Kimberley Feeney  
e:feeneyk@belfastcity.gov.uk

**Cregagh** Tel: 028 9040 1444  
Colin Murray e:Murrayc@belfastcity.gov.uk

**Dee street** Tel: 028 9045 8113  
Joanne McCausland  
mccauslandj@belfastcity.gov.uk

**Divis** Tel: 028 9024 2551  
Sean Devine e:devines@belfastcity.gov.uk

**Donegall Pass** Tel: 028 9032 7661  
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**Hammer** Tel: 028 9033 2860  
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**Highfield** Tel: 028 9039 1009  
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**Horn drive** Tel: 028 9060 4860  
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**Knocknagoney** Tel: 028 9076 1432  
Joanne McCausland  
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Colin Murray murrayc@belfastcity.gov.uk

**White City** Tel: 028 9058 6180  
John Fleming e:flemingj@belfastcity.gov.uk

**Whiterock** Tel: 028 9032 8623  
Sean Devine e: devines@belfastcity.gov.uk

**Woodvale** Tel: 028 9035 1548  
Kimberley Feeney  
e:feeneyk@belfastcity.gov.uk



# Monday 14 October

## Training: Isolation and loneliness experienced by older people

Girdwood Community Hub  
10 Girdwood Avenue, Belfast BT14 6EG  
9.30am - 4.30pm

These interactive training courses are aimed at staff and volunteers in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area. The course content will explain why it is important to address loneliness, common causes, triggers and effects as well as where to find support. This training is provided in partnership with the Belfast Health and Social Care Trust, Public Health Agency, Belfast City Council and Northern Regional College.

**i** To book call 028 9504 6714 or email [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

## Knit and Natter Group

Ligoniel  
Community Centre  
144 Ligoniel Road,  
Belfast BT14 8DT  
10am - 12 noon

Whether you're a novice or have skills to share with others, enjoy this knitting and crocheting group.

**i** Drop-in.



## Yoga

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast BT4 2QF  
10am - 11am

Improve strength, balance and flexibility.

**i** Drop-in. Call 028 9076 1432.

## Millennium Art

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast BT4 2QF  
1pm - 4pm

Brush up on your artistic skills.

**i** Drop-in. Call 028 9076 1432.

# Tuesday 15 October

## Men's Knights

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4 2QF  
9.30am - 12 noon

Enjoy a game of pool and a space to chat with others.

**i** Drop-in.

Call 028 9076 1432.



## Dementia Friends Information Session

Grace Family Centre  
77-95 Alliance Avenue,  
Belfast BT14 7PJ  
10.30am - 12 noon

Understand more about dementia. Meet local organisations who can discuss support.

Refreshments provided.

**i** Email [dementiafriendlynorthbelfast@gmail.com](mailto:dementiafriendlynorthbelfast@gmail.com)

## Brunch Club

Knocknagoney  
Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF  
10.30am - 12 noon

Enjoy good food and great company.

**i** To book call 028 9076 1432.  
Booking essential.



## Carer Information and Support Programme

Alzheimer's Society  
East Belfast Network Centre  
55 Templemore Avenue, BT5 4FG  
11am - 1pm

Delivered over four sessions, this programme aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and information. Topics covered include understanding dementia, providing support and care, legal and financial matters.

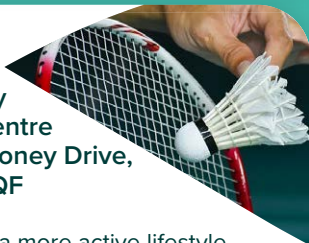
📧 Email [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)

## Badminton Sessions

Knocknagoney  
Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF  
11am - 1pm

Shuttle towards a more active lifestyle by netting a friendly game of badminton.

📍 Drop-in. Call 028 9076 1432.



## Creative Recycling Workshop – Flags into Bags

2 Royal Avenue, Belfast BT1 1DA  
11am - 2pm

Belfast City Council Environmental Education and Outreach Team in partnership with Belfast Tool Library are offering this creative workshop to repurpose promotional banners into useful bags. Help cut fabric, pin pieces and sew items together.

📧 To book email: [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk) or call 07827823998. Places are limited.



## Line Dancing Classes

Volunteer Now, Youth Action  
14 College Square North, Belfast  
11am - 1pm

Discover a toe-tappin' way to stay active.

📍 To book call 028 9023 2020 or email [pamela.higgins@volunteernow.co.uk](mailto:pamela.higgins@volunteernow.co.uk)  
Booking essential.

## Crochet Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
1pm - 4pm

Enjoy a knit and natter. Swap patterns and share tips.

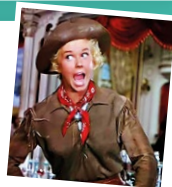
📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

## Age Friendly Movie Afternoon 'Calamity Jane'

City Hall  
2pm - 4pm

In the lonely Deadwood, Dakota, territory, sharpshooter Calamity Jane (Doris Day) falls for cavalry Lt. Danny Gilmartin (Philip Carey) when she is forced to rescue him from the Indians. Recognizing that the women-starved townsmen long for a "real" woman, Calamity journeys to Chicago to bring back famous singer Adelaid Adams, but mistakenly brings her maid Katie instead. Heartbroken when Danny falls for Katie, Calamity all but ignores her jovial friend Wild Bill Hickok (Howard Keel).

📧 To book email [community@belfastcity.gov.uk](mailto:community@belfastcity.gov.uk) or call 07827823998. Booking essential.



## Baking Apple cakes

Cregagh Community Centre  
Mount Merrion Avenue, Belfast BT6 0FL  
1pm - 2.30pm

As autumn offers up an abundance of apples, roll up your sleeves and help bake traditional apple cakes.

📍 To book call 028 9040 1444.  
Booking essential.

## Wednesday 16 October

### Painting Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon

Brush up on your artistic skills.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

### The Marvel of Cleaning Water NI Water

Belfast Wastewater Heritage Centre  
115 Duncrue Street, Belfast BT3 9JS  
10am - 12 noon

Follow the journey of water from source to tap. Meet the scientists who test and check our water. Discover the processes used to keep our water clean and how we can all do our bit to keep water flowing.

**i** To book email [education@niwater.com](mailto:education@niwater.com)



### Age Friendly Tour of Friar's Bush

11am - 12.30pm  
Discover the long and fascinating history of this ancient cemetery on a walking tour led by a professional guide and historian.

**i** To book email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk) or call 07827823998. Booking essential.

### Big Table Sale

East Belfast Seniors Forum  
Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
11am - 2pm

Organised by Belfast East Seniors Forum help raise funds with prizes to be won. Refreshments provided.

**i** To book call 07425627531. Admission: £1

### Lunch Club

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
12 noon - 2pm

Enjoy good food and great company.

**i** To book email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
Small booking fee may apply.  
Booking essential.

### Alzheimer's Society 'Open House'

Alzheimer's Society Office  
30 Skegoneill Street, Belfast BT15 3JL  
12 noon - 2pm

Pop in for a cuppa at this 'open house' event for anyone seeking dementia support including family, friends and health professionals.

**i** Drop-in.



### Lifelong Learners

Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF  
1pm - 3.30pm

You're never too old to learn something new. Pick up a new skill and meet others.

**i** Drop-in. Call 028 9076 1432.

### Cathedral Belles

Divis Community Centre  
2A Ardmoulin Place, Galvally,  
Belfast BT12 4RT  
7pm - 9pm

Tuck into tea and buns with this Over 50s Women's Group. Have a go at activities like armchair aerobics and line-dancing.

**i** Call 028 9024 2551.

# Hearing Aid Support Service

## Free walk-in clinics



Supporting people who are deaf, have hearing loss or tinnitus



These drop-in support sessions are designed to help people manage their hearing loss and make the most of their hearing aids.

They provide:

- hearing checks
- earmould cleaning and battery replacement for NHS hearing aids
- information on how to look after and fit hearing aids
- information about coping with hearing loss, equipment and communication tips

Time	Date	Venue
10.30am-12 noon	Tuesday 1 October	Agape Centre Lisburn Road, Belfast BT9 6GF
10am-12 noon	Thursday 3 October	Hollywood Arches Medical Centre 1 Westminster Avenue, Belfast BT4 1NS
10am-12 noon	Friday 4 October	Girdwood Community Centre Belfast BT14 6EG
2-4pm	Tuesday 8 October	2 Royal Avenue Belfast BT1 1DA
10am-12 noon	Wednesday 9 October	Orangefield Presbyterian Church 464 Castlereagh Road, Belfast BT56BH
10.30am-12 noon	Thursday 10 October	Shankill Wellbeing Centre Belfast BT13 1PD
5.30pm-7.30pm	Wednesday 16 October	Hollywood Arches Medical Centre 1 Westminster Avenue, Belfast BT4 1NS
4pm-5.30pm	Thursday 17 October	Grove Library Belfast BT15 3HF
10.30am-12 noon	Thursday 24 October	Grove Wellbeing Centre Belfast BT15 3HF
10am-12 noon	Friday 25 October	Beech Hall Wellbeing Centre Belfast BT11 9AF

# Thursday 17 October

## 50+ Keep Fit

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon

Improve fitness and mobility with armchair aerobics.

📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
Small fee may apply.

## Lunch Club and Gardening Group

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4 2QF  
11.30am - 2pm

Meet with others to enjoy the outdoor garden and good food.

📞 To book call 028 9076 1432.  
Booking essential.



## Digital Help Session

Ligoniel Community Centre



144 Ligoniel Rd, BT14 8DT  
11am-1pm

Need help with your mobile phone, tablet or laptop? Anxious about the online world? Get free advice from technology experts.

📍 Drop-in. Bring your device.

## 'Let the Ghou! Times Roll'

Engage with Age  
Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
2pm - 4pm

Enjoy this Hallowe'en themed singing and storytelling event.

📞 To book call 07425627531



## Baking Apple Cakes

Tullycarnet Community Centre,  
Kinross Avenue, Belfast BT5 7GE  
2pm - 3.30pm

As autumn offers up an abundance of apples, roll up your sleeves and help bake traditional apple cakes.

📞 To book call 028 9040 1444.  
Booking essential.

## Loop Group

Dee Street Community Centre,  
12-16 Dee Street, Belfast BT4 1FT  
2pm - 4pm

Enjoy a chat and weekly activities with others.

📧 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Seniors' Safety with Tea Dance Event

Girdwood Community Hub  
10 Girdwood Avenue, Belfast, BT14 6EG  
1.30pm - 4pm

Whether you're a seasoned stepper or a novice on the dance floor, meet new friends and learn new steps. Information will be available on home and online safety.

📧 To book email [pcsp@belfastcity.gov.uk](mailto:pcsp@belfastcity.gov.uk)





## Tullycarnet Yarnspinners

Tullycarnet Library  
Kinross Avenue, Kings  
Road, Belfast BT5 7GF  
7pm - 8.30pm

Listen to mesmerising stories from Welsh storyteller and singer Cath Little. Cath loves to share myths and traditional stories with women at their heart.

**i** To book call 028 9048 5079 or email [tullycarnet.library@librariesni.org.uk](mailto:tullycarnet.library@librariesni.org.uk)  
Suggested donation £5.  
Booking essential.

## Over 60s Club

Dee Street Community Centre, 12-16 Dee Street, Belfast BT4 1FT  
7pm - 9pm

Meet other over 60s and enjoy weekly activities.

**i** Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)



## The Pub Quiz without a Pub

Engage with Age  
7pm - 8pm

Get the grey matter working in the Pub Quiz without a Pub. Individual challenge, teams not required.

**i** Email [eamon.quinn@engagewithage.org.uk](mailto:eamon.quinn@engagewithage.org.uk)

## Friday 18 October

### Social Dance Class

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast  
BT4 2QF

11am - 12 noon

It's never too late to take up dancing.

**i** Drop-in.  
Call 028 9076 1432.

### Over 50s Group

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4  
2QF

1pm - 4pm

Meet up with other over 50s and enjoy weekly activities.

**i** Call 028 9076 1432.  
Drop-in

### Baking Apple Cakes

Clonduff  
Community Centre  
Clonduff Drive,  
Belfast BT6 9NT  
1pm - 2.30pm

As autumn offers up an abundance of apples, roll up your sleeves and help bake traditional apple cakes.

**i** To book call 028 9040 1444. Limited places. Booking essential.

## Belvoir Older and Active

Forward South  
Partnership supported  
by Public Health Agency  
Belvoir Community Hub  
7-8 Drumart Drive,  
Belfast BT8 7AG

12 noon - 1pm

Get moving while meeting new people. Refreshments provided.

**i** To book call 07394569154 or email [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org)  
Booking essential.



## Sing for Victory Workshop with Karen Diamond

Northern Ireland War  
Memorial Museum  
21 Talbot Street, BT1 2LD  
2pm - 3pm

Music has the power to unlock memories. Step back in time with a sing-a-long to 1940s songs with live piano with music therapist Karen Diamond. Participants are encouraged to reminisce in this dementia friendly workshop. Songbook provided.

**i** To book call 028 9032 0392 (option 3) or email [outreach@niwarmemorial.org](mailto:outreach@niwarmemorial.org)  
Places limited.

**Monday  
21 October**

**Training: Isolation and loneliness experienced by older people**

**Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
9.30am - 1.30pm**

These interactive training courses are aimed at staff and volunteers in healthcare and non-healthcare roles, who are directly engaging with older people in the Belfast Trust area. The course content will explain why it is important to address loneliness, common causes, triggers and effects as well as where to find support. This training is provided in partnership with the Belfast Health and Social Care Trust, Public Health Agency, Belfast City Council and Northern Regional College.

**📞 To book call 028 9504 6714 or email [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)**



**Yoga**

**Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF  
10am - 11am**

Improve strength, balance and flexibility.  
**📞 Drop-in. Call 028 9076 1432.**



**Move More Live More  
Online Session**

**Age Friendly Network NI  
11am**

This health and wellbeing programme provides advice on preventing falls. Experts such as physiotherapists will reveal how different aspects of our health, such as sleep, nutrition, and mental health, contribute to falls. Watch a demonstration of strength and balance exercises suitable for all abilities.

**📧 Email [claire.mckeown@ageni.org](mailto:claire.mckeown@ageni.org) or call 07773113544.**

You can also sign up online at [www.ageni.org/movemorelivemore](http://www.ageni.org/movemorelivemore)

**Millennium Art**

**Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4 2QF  
1pm - 4pm**

Brush up on your artistic skills.

**📞 Drop-in. Call 028 9076 1432.**



## Tuesday 22 October

### Men's Knights

Knocknagoney Community Centre, 41A Knocknagoney Drive, Belfast BT4 2QF  
**9.30am - 12 noon**

Enjoy a game of pool and a space to chat with others.

**i** Drop-in. Call 028 9076 1432.



### Brunch Club

Knocknagoney Community Centre, 41A Knocknagoney Drive, Belfast BT4 2QF  
**10.30am - 12 noon**

Enjoy good food and great company.

**i** To book call 028 9076 1432. Booking essential.



### Badminton Sessions

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast BT4 2QF

**11am - 1pm**

Shuttle towards a more active lifestyle by netting a friendly game of badminton.

**i** Drop-in. Call 028 9076 1432.

### Carer Information and Support Programme

Alzheimer's Society  
East Belfast Network Centre  
55 Templemore Avenue, Belfast BT5 4FG

**11am - 1pm**

Delivered over four sessions, this programme aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and up-to-date and relevant information. Topics covered include understanding dementia, providing support and care, legal and financial matters and coping day to day.

**i** Email [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)

### Crochet Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**1pm - 4pm**

Enjoy a knit and natter.

Swap patterns and share tips.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

### Baking Apple cakes

Braniel Community Centre  
Warren Grove, Belfast BT5 7JN  
**5pm - 6.30pm**

As autumn offers up an abundance of apples, roll up your sleeves and help bake traditional apple cakes.

**i** To book call 028 9040 1444.

### Age Friendly Movie Afternoon 'Arsenic and Old Lace'

City Hall, Belfast  
**2pm - 4pm**

Writer and notorious marriage detractor Mortimer Brewster (Cary Grant) falls for girl-next-door Elaine Harper (Priscilla Lane), and they tie the knot on Hallowe'en. When the newlyweds return to their respective family homes to deliver the news, Brewster finds a corpse hidden in a window seat. With his eccentric aunts (Josephine Hull, Jean Adair), disturbed uncle (John Alexander), and homicidal brother (Raymond Massey), he starts to realize that his family is even crazier than he thought.

**i** To book email [community@belfastcity.gov.uk](mailto:community@belfastcity.gov.uk) or call 07827823998. Booking essential.



### Line Dancing Classes

Volunteer Now, Youth Action  
14 College Square North, Belfast  
**11am - 1pm**

Discover a toe-tappin' way to stay active.

**i** To book call 028 9023 2020 or email [pamela.higgins@volunteernow.co.uk](mailto:pamela.higgins@volunteernow.co.uk)  
Booking essential.

## Wednesday 23 October



### Hallowe'en Tea Dance

Ligoniel Community Centre  
144 Ligoniel Road, Belfast BT14 8DT  
2pm - 4pm

Whether you're a seasoned stepper or a novice on the dance floor, meet new friends and learn new steps. Light refreshments provided. Fancy dress welcome.

**i** To book call 028 9071 9337.  
Booking essential.

### Hallowe'en Safety for Seniors

Hammer Community Centre with  
Greater Shankill Alternatives  
Agnes Street, Belfast BT13 1GG  
12 noon - 3pm

Older residents can chat through concerns about anti-social behaviour with local community contacts provided.

**i** To book call 028 9033 2860  
or visit the centre.

### The Marvel of Cleaning Water

NI Water  
Belfast Wastewater Heritage Centre  
115 Duncrue Street, Belfast BT3 9JS  
10am - 12 noon

Follow the journey of water from source to tap. Meet the scientists who test and check our water. Discover the processes used to keep our water clean and how we can all do our bit to keep water flowing.

**i** To book email [education@niwater.com](mailto:education@niwater.com)



### Painting Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon

Brush up on your artistic skills.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

### Lunch Club

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
12 noon - 2pm

Enjoy good food and great company.  
Small cost may apply.

**i** To book email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk) Booking essential.

### Lifelong Learners

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

1pm - 3.30pm

You're never too old to learn something new. Pick up a new skill and meet others.

**i** Drop-in. Call 028 9076 1432.

### Cathedral Belles

Divis Community Centre, 2A  
Ardmoulin Place, Galvally, Belfast  
BT12 4RT

7pm - 9pm

Tuck into tea and buns with this Over 50s Women's Group. Have a go at activities like armchair aerobics and line-dancing.

**i** Call 028 9024 2551.



# Thursday 24 October

## 50+ Keep Fit

Inverary Community Centre  
Inverary Avenue, Belfast BT4  
1RN

10am - 12 noon

Improve fitness and mobility with  
armchair aerobics.

📞 Small fee may apply. Email  
inverarycc@belfastcity.gov.uk



## Online Age Friendly Housing presentation with Dr Mark Hammond

Manchester School of Architecture with  
Age Friendly Network NI

10am - 11am

Explore how the needs and aspirations of older people can be better addressed by architects, planners and developers creating new residential developments. Listen to Dr Mark Hammond, Senior Lecturer and Deputy Research Lead at Manchester School of Architecture explain the different ways that built environment professions think about older people. The session will also reflect on a series of initiatives developed by Greater Manchester Combined Authority to embed age-friendly principles into policy and practice.

📞 Email [infos@belfastcity.gov.uk](mailto:infos@belfastcity.gov.uk)

## Lunch Club and Gardening Group

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast BT4 2QF  
11.30am - 2pm

Meet with others to enjoy the outdoor garden and good food.

📞 To book call 028 9076 1432. Booking essential.

## Big Ideas Morning

Engage with Age  
Connswater Homes, Mersey Street, Belfast  
10.30am - 1pm

Take part in this capacity building training for community groups

📞 To book call 07425627531. Booking essential.

## Boccia Tournament

Tullycarnet Community Centre  
Kinross Avenue, Belfast BT5 7GE  
2pm

Throwing, timing and blocking skills, this gentle form of exercise keeps mind and body active. Refreshments available.

📞 To book call 028 9040 1444.

## Loop Group

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
2pm - 4pm

Stay in the loop by enjoying a chat and weekly activities with others.

📞 Email  
[deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Belfast Blitz Cathedral Quarter Walking Tour

Northern Ireland War Memorial  
Museum, 21 Talbot Street,  
Belfast BT1 2LD  
2pm - 3.30pm

Join experts to uncover the history and impact of the Belfast Blitz. Embark on this walking tour of Belfast's Cathedral Quarter and see how images compare to the streets today.

📞 Limited places. To book call 028 9032 0392 (option 3) or email [outreach@niwarmemorial.org](mailto:outreach@niwarmemorial.org)



## Over 60s Club

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
7pm - 9pm

Meet up with other over 60s and enjoy weekly activities.

📞 Email  
[deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Friday 25 October

### Social Dance Class

Knocknagoney Community Centre  
41A Knocknagoney Drive,  
Belfast BT4 2QF

11am - 12 noon

It's never too late to take up dancing.

**i** Drop-in. Call 028 9076 1432.



### Senior's Annual Hallowe'en Ball

Good Morning Colin  
Dunmurry Presbyterian Church Hall,  
9 Glenburn Road, Belfast BT17 9AG  
12 noon - 3pm

Celebrate the spookiest time of year by donning some fancy dress and tucking into a three-course lunch. With entertainment and dancing, prizes will be awarded for best costume.

**i** To book call 028 9062 7863 or email [isabel@newcolin.com](mailto:isabel@newcolin.com) or [aisling@newcolin.com](mailto:aisling@newcolin.com) Suggested donation to project: £5. Booking essential.

### Belvoir Older and Active

Forward South Partnership  
supported by Public Health Agency  
Belvoir Community Hub  
7-8 Drumart Drive, Belfast BT8 7AG  
12 noon - 1pm

Get moving while meeting new people. Refreshments provided.

**i** To book call 07394569154 or email [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org)  
Booking essential.



### Arts and Crafts Session

Clonduff Community Centre  
Clonduff Drive, Belfast BT6 9NT  
1pm

Get creative with this workshop.

**i** To book call 029 9040 1444.

### Over 50s Group

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF  
1pm - 4pm

Meet up with other over 50s and enjoy weekly activities.

**i** Drop-in. To book call 028 9076 1432.

## Monday 28 October

### Yoga

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4 2QF  
10am - 11am

Improve strength,  
balance and flexibility.

**i** Drop-in.  
Call 028 9076 1432.

### Pumpkin Carving Session

Braniel Community Centre  
Warren Grove, Belfast  
BT5 7JN  
7pm

Learn to carve a pumpkin.

**i** To book call 028 9040 1444.

### Millennium Art

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast BT4 2QF  
1pm - 4pm

Brush up on your artistic  
skills.

**i** Drop-in.  
Call 028 9076 1432.

## Tuesday 29 October

### Men's Knights

Knocknagoney  
Community Centre  
41A Knocknagoney  
Drive, Belfast  
BT4 2QF

**9.30am - 12 noon**

Enjoy a game of pool  
and a space to chat  
with others.

**📞 Call 028 9076 1432.**



### South Belfast Dementia Carers Café

Ormeau Road Library  
Ormeau Road, Belfast BT7 3GG  
**10am - 12pm**

The Carers Café is specifically for those who care for someone living with Dementia in South Belfast. It is an opportunity for carers to take time for themselves, share experiences and learn about services available to them.

**📞 Call 07394569154 or email [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org)**

### Brunch Club

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

**10.30am - 12 noon**

Enjoy good food and great company.

**📞 Call 028 9076 1432. Booking essential.**

### Badminton Sessions

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

**11am - 1pm**

Shuttle towards a more active lifestyle by netting a friendly game of badminton

**📞 Drop-in. Call 028 9076 1432.**

### Carer Information and Support Programme

Alzheimer's Society  
East Belfast Network Centre  
55 Templemore Avenue, Belfast  
BT5 4FG

**11am - 1pm**

Delivered over four sessions, this programme aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and relevant information. Topics covered include understanding dementia, providing support and care, legal and financial matters.

**📧 Email [crispbelfast@alzheimers.org.uk](mailto:crispbelfast@alzheimers.org.uk)**



### Crochet Group

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
**1pm - 4pm**

Enjoy a knit and natter. Swap patterns and share tips.

**📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)**

### Tea Dance

Cregagh Community Centre  
Mount Merrion Avenue, Belfast  
BT6 0FL

**1pm - 3pm**

Whether you're a seasoned stepper or a novice on the dance floor, meet new friends and learn new steps. Light refreshments provided.

**📞 To book call 028 9040 1444.**

**Wednesday  
30 October**



### **Painting Group**

**Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon**

Brush up on your artistic skills.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

### **Lunch Club**

**Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
12 noon - 2pm**

Enjoy good food and great company.

**i** Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)

Small booking fee may apply.

Booking essential.

### **Lifelong Learners**

**Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF**

**1pm - 3.30pm**

You're never too old to learn something new. Pick up a new skill and meet others.

**i** Drop-in. Call 028 9076 1432.

### **Cathedral Belles**

**Divis Community Centre  
2A Ardmoulin Place, Galvally, Belfast  
BT12 4RT**

**7pm - 9pm**

Tuck into tea and buns with this Over 50s Women's Group. Have a go at activities like armchair aerobics and line-dancing.

**i** Call 028 9024 2551.



### **Hallowe'en Tea Dance**

**Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF**

**1.30pm - 3pm**

Whether you're a seasoned stepper or a novice on the dance floor, meet new friends and learn new steps.

Refreshments provided.

**i** To book call 028 9076 1432.



### **Spooky Slipped Disco**

**Engage with Age  
The Oh Yeah Centre  
15-21 Gordon Street,  
Belfast BT1 2LG**

**7.30pm - 9.30pm**

Pull on your dancing shoes for a night of floor fillers with the best music from the 1960s, 70s and 80s. Fancy dress welcome with prizes for best costumes. Bar available. Over 18s only.

**i** To book call 028 9073 5696 or online at [www.engagewithage.org.uk](http://www.engagewithage.org.uk)  
Booking essential.





Libraries offer a wide range of free services including the loan of books and magazines, local history resources, eBooks, eMagazines, eAudiobooks, eNewspapers, computer use, internet access and Wi-Fi. Libraries have a large selection of books for all ages, including large print books and audio books.

### Get online with Go ON NI

Go ON NI is a government initiative designed to help people get online safely and improve their digital skills. From everyday tasks on a smartphone or tablet, master digital technology in a relaxed environment and at your own pace. Held in libraries across Northern Ireland, these free sessions build confidence in the use of technology.

Find out more at [www.librariesni.org.uk/go-on-events](http://www.librariesni.org.uk/go-on-events)

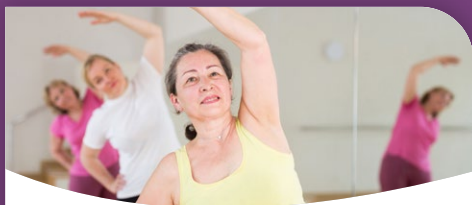
### Knit and Natter Groups

From crochet to cross-stitch, have a yarn with friends old and new at these free drop-in groups. Open to all abilities, swap patterns and share tips as you start something new or complete a piece you're already working on.

Find out more at [www.librariesni.org.uk/knit-and-natter-events](http://www.librariesni.org.uk/knit-and-natter-events)

Library	Day	Time
Ardoyne	Monday	10am – 12 noon
Ballyhackamore	Monday	2pm – 4pm
Belfast Central	Tuesday	10.30am – 11.30am
Chichester	Wednesday	10am – 12 noon
Colin Glen	Tuesday	10am – 12 noon
Cregagh	Tuesday	1.30pm – 2.30pm
Falls Road	Wednesday	10am – 1pm
Finaghy	Wednesday	1pm – 3pm
Grove	Monday	10.30am – 12 noon
Holywood Arches	Thursday	10.30am – 12.30pm
Lisburn Road	Thursday	10.30am – 12.30pm
Ormeau Road	Thursday	10am – 12.30pm
Suffolk	Tuesday	2.30pm – 4.30pm
Shankill Road	Monday	3pm – 4pm
Whiterock	Friday	11am – 1pm
Woodstock	Monday	11am – 1pm

# Thursday 31 October



## 50+ Keep Fit

Inverary Community Centre  
Inverary Avenue, Belfast BT4 1RN  
10am - 12 noon

Improve fitness and mobility with armchair aerobics.

📧 Email [inverarycc@belfastcity.gov.uk](mailto:inverarycc@belfastcity.gov.uk)  
Small cost may apply.



## Lunch Club and Gardening Group

Knocknagoney Community Centre  
41A Knocknagoney Drive, Belfast  
BT4 2QF

11.30am - 2pm

Meet with others to enjoy the outdoor garden and good food.

📞 To book call 028 9076 1432.  
Booking essential.

## Loop Group

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
2pm - 4pm

Stay in the loop by enjoying a chat and weekly activities with others.

📧 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)

## Over 60s Club

Dee Street Community Centre  
12-16 Dee Street, Belfast BT4 1FT  
7pm - 9pm

Meet up with other over 60s and enjoy weekly activities.

📧 Email [deestreetcc@belfastcity.gov.uk](mailto:deestreetcc@belfastcity.gov.uk)



## Online Spooky Chocolate Bingo

Engage with Age  
7.30pm - 8.30pm

With daft games and live music, put a sweet spin on this game of luck from the comfort of your own home. Make a spooky sight on screen with optional fancy dress.

📧 Email [eamon.quinn@engagewithage.org.uk](mailto:eamon.quinn@engagewithage.org.uk)



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Text: 07903 572885

Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

Text relay: 18001 then 0800 132320

BSL video relay: [deafblind.org.uk/bsl](http://deafblind.org.uk/bsl)

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